



# *Keeping Your Bones Healthy*

## Why is bone health important?

Our bones support us and allow us to move. They protect our brain, heart, and other organs from injury. Our bones also store minerals such as calcium and phosphorous, which help keep our bones strong, and release these and other minerals into the body when we need them for other uses.

## What do your bones need to stay healthy?

- Calcium from dairy products, green leafy vegetables, calcium-fortified foods and beverages, and dietary supplements.
- Vitamin D from fortified milk, eggs, liver, fatty fish such as salmon, and dietary supplements.
- Weight-bearing or weight-resistant exercise such as walking, playing sports, or lifting weights. You can even make your own hand weights by filling two empty water bottles with sand or pebbles.

## Find out more!

The National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health, has **free**, easy-to-read information about conditions of the bones. Download or order these and other topics at <http://www.niams.nih.gov/multicultural/>, or call toll free at **877-226-4267** (TTY: 301-565-2966).

- Bone Health for Life: Health Information Basics for You and Your Family
- Calcium and Vitamin D: Important at Every Age
- Exercise for Your Bone Health
- Osteoporosis: Easy-to-Read Fast Facts
- Preventing Falls and Related Fractures: Easy-to-Read Fast Facts



National Institute of  
Arthritis and Musculoskeletal  
and Skin Diseases